

ABSTRACT

The present invention is a multi-disc spinning assembly for a bicycle having a narrow flange hub, a first disc, a second disc and an independently rotating means. The narrow flange hub supports a wheel. The first disc comprises a series of brackets around the periphery of a backside of the first disc for mounting the first disc to a rim of the wheel; and one or more openings. The second disc is located between the first disc and a flange of the narrow flange hub. The independently rotating means connects to the second disc and the narrow flange hub, such that the independently rotating means allows the second disc to rotate in a single direction at a velocity independent of the wheel velocity after maximum velocity of the wheel has been attained.